

# Laboratory Research Logistics – What is basic research and how do we support the lab?

**Matthew J. Sikora, Ph.D.**

Assistant Professor - Department of Pathology



[@mjsikora](#)  
[@SikoraLab](#)



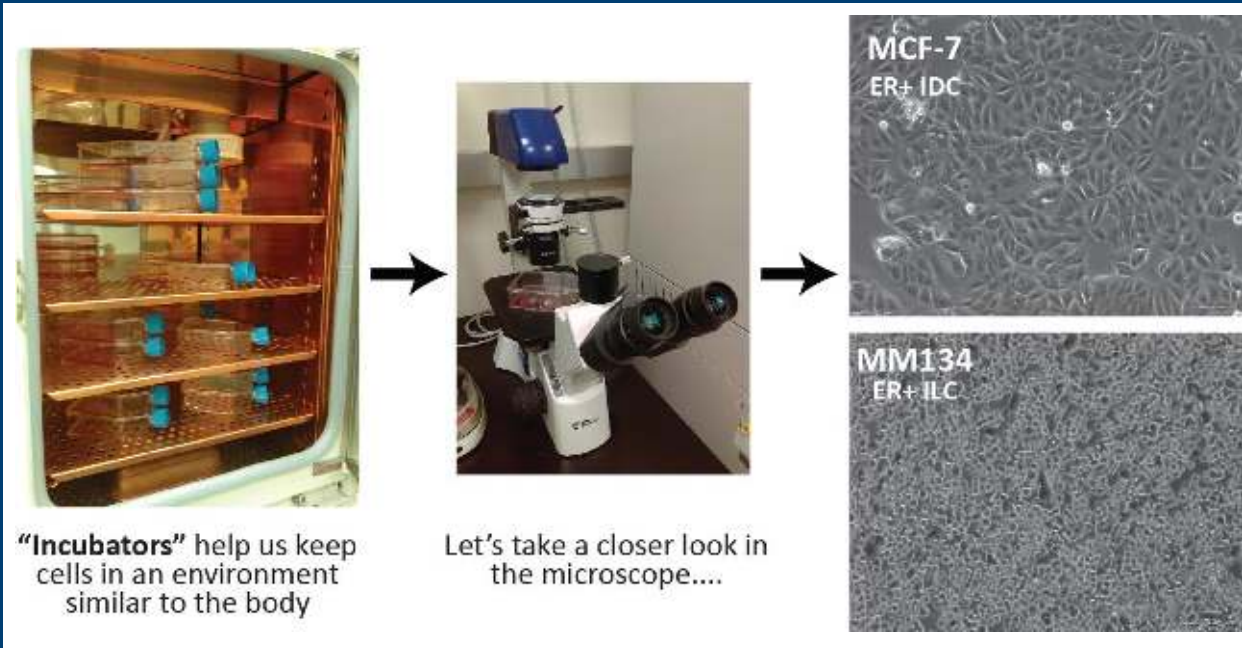
University of Colorado **Anschutz Medical Campus**

- . What is basic laboratory research?**
- . Who works in a basic research lab?**
- . How do we equip and stock a lab to do basic cancer research?**
- . Where are the different sources of research funding?**
- . What does the grant writing process look like?**
- . How can advocates partner with researchers?**
- . What is the role of patient advocates in the grant review process?**

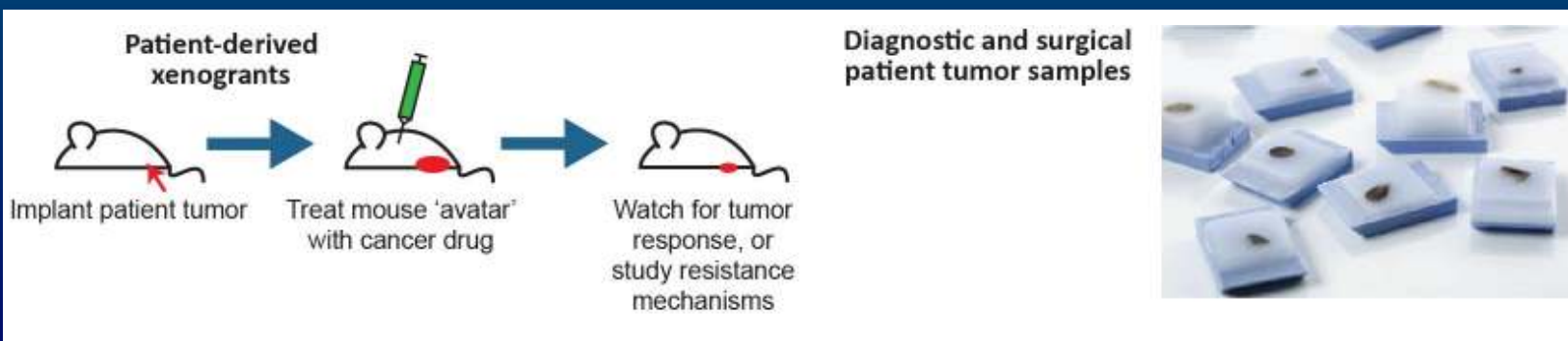
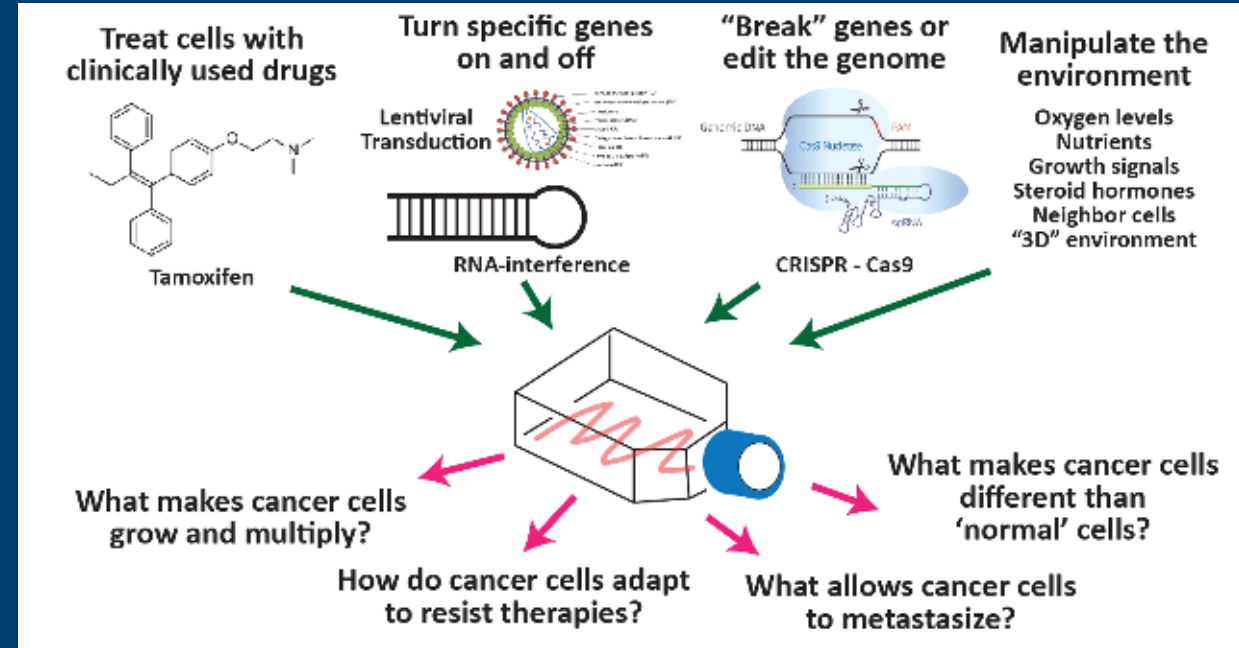
- **What is basic laboratory research?**
- **Who works in a basic research lab?**
- **How do we equip and stock a lab to do basic cancer research?**
- **Where are the different sources of research funding?**
- **What does the grant writing process look like?**
- **How can advocates partner with researchers?**
- **What is the role of patient advocates in the grant review process?**

# Basic science research us develops the ideas that ultimately **transform clinical care.**

Basic cancer research uses “model systems” to mimic cancer in the lab



We use models to test new ideas



**Develop new diagnostics, biomarkers, therapies**

Conceptualize research



Get Funding



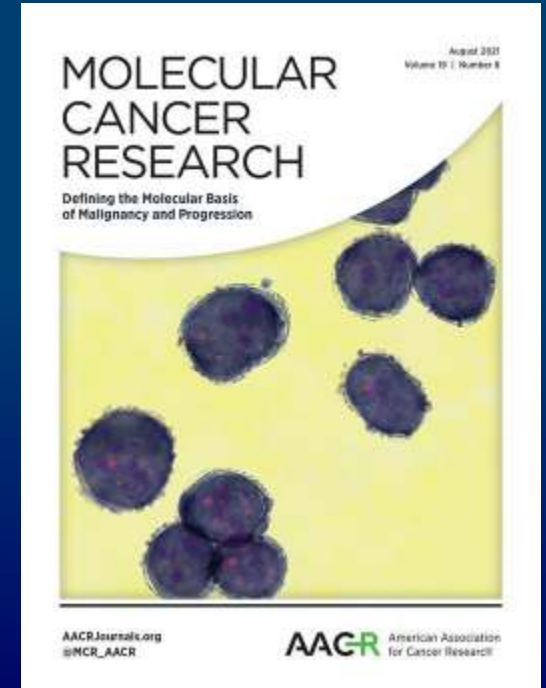
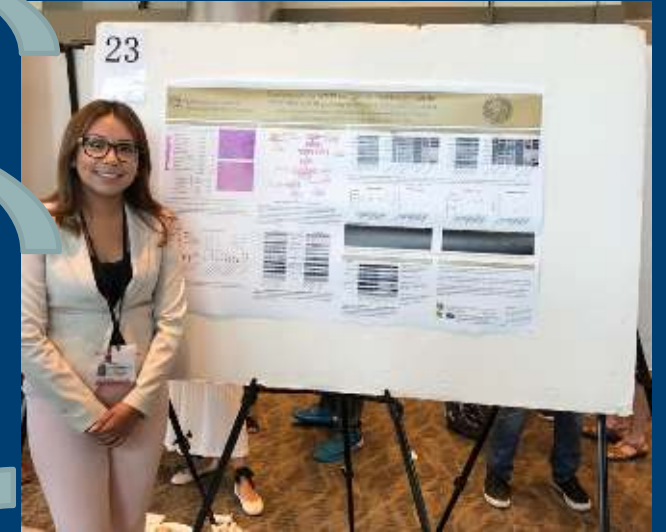
Do the research

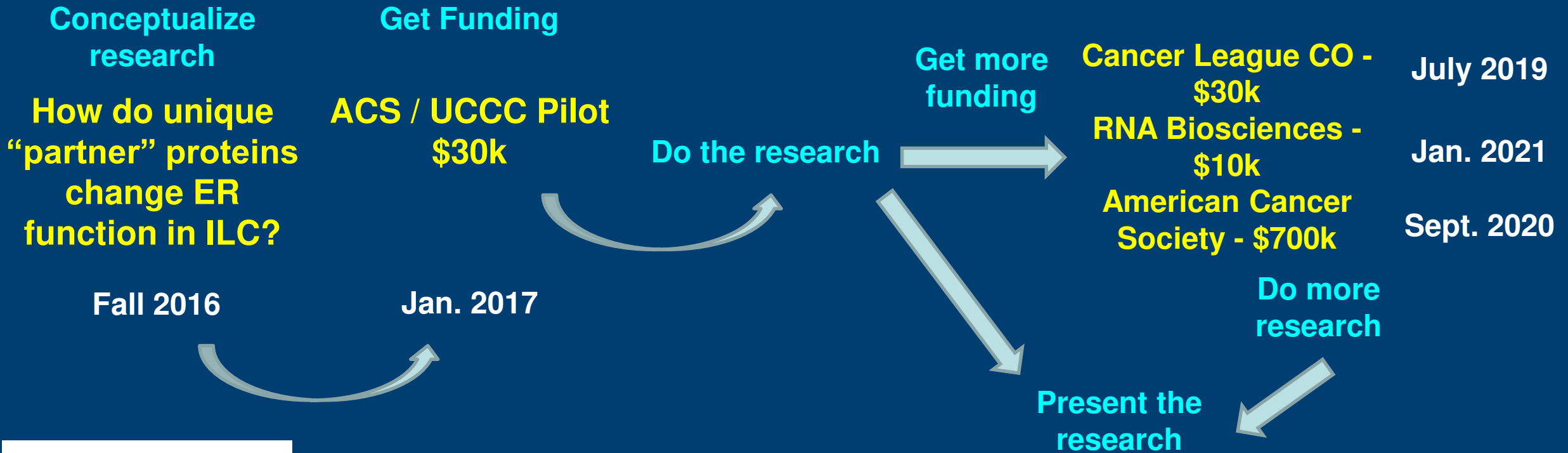
Get more funding

Do more research

Present the research

Publish the research





**Pre-print 12/16/20**  
**Submitted 1/11/21**  
**Revised 3/31/21**  
**Revised again 4/16/21**  
**Accepted 4/28/21**  
**Published 5/4/21**

**Publish the research**

- U. Utah Seminar
- Local CU seminars
- U. Pitt Seminar
- FASEB Conf.
- Lobular2021
- ENDO2022

**Funding to first publication: 4 y, 4 mo**

- . **What is basic laboratory research?**
- . **Who works in a basic research lab?**
- . **How do we equip and stock a lab to do basic cancer research?**
- . **Where are the different sources of research funding?**
- . **What does the grant writing process look like?**
- . **How can advocates partner with researchers?**
- . **What is the role of patient advocates in the grant review process?**

# Basic Research Laboratory Personnel

## . Principal Investigator (PI)

- . PhD/MD; Assistant Professor → Associate Professor → Professor
- . \$80k - \$200k / y based on level and additional admin roles

## . Staff scientist

- . PhD; may be non-tenure track faculty
- . \$60k - \$100k / y

## . Graduate student

- . BS/BA, MS; training for PhD (or MS)
- . \$32k - \$40k / y, + \$5k - \$15k / y tuition

## . Research Technician

- . BS/BA, MS; may be lab manager
- . \$35k - \$90k / y, per expr / skillset

## . Postdoctoral Fellow

- . PhD; ~training position after doctorate
- . \$55k - \$65k / y

## . Clinical Fellow

- . MD; 12-18mo research during fellowship
- . Varies per fellowship setup

## . Trainees

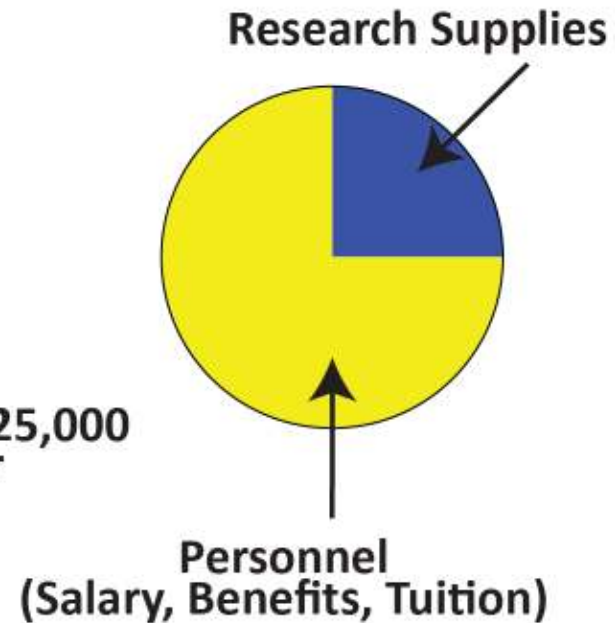
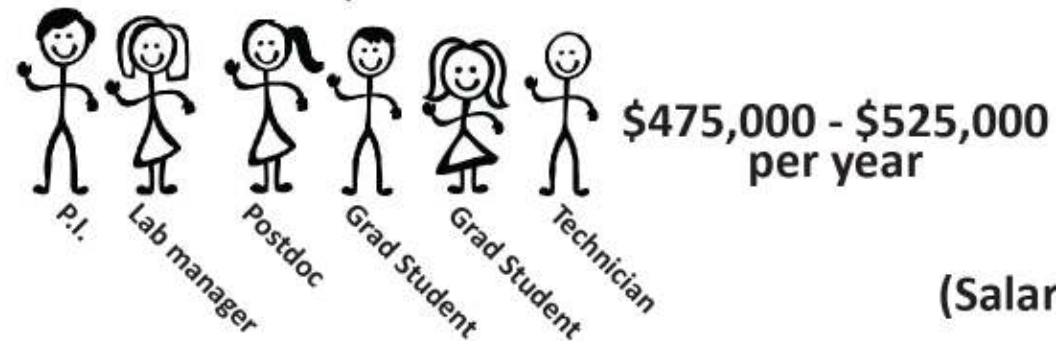
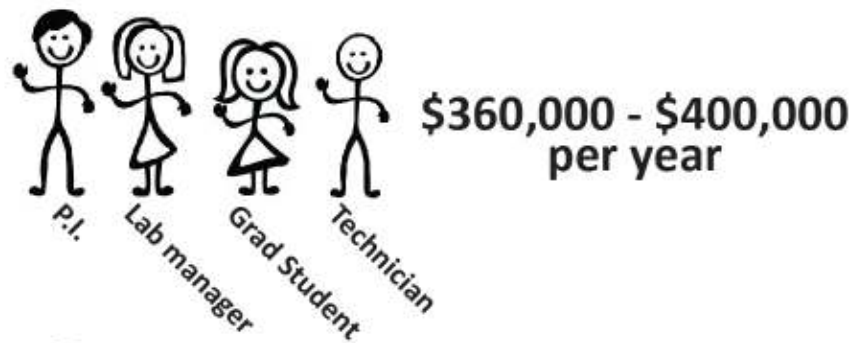
- . Undergraduates, Postbac fellows, Medical students, etc.

. **PIs are responsible for all salary, tuition, & benefits via grants**



# Most research costs are personnel

How much does it cost to run a research laboratory?



- . **What is basic laboratory research?**
- . **Who works in a basic research lab?**
- . **How do we equip and stock a lab to do basic cancer research?**
- . **Where are the different sources of research funding?**
- . **What does the grant writing process look like?**
- . **How can advocates partner with researchers?**
- . **What is the role of patient advocates in the grant review process?**

# Supplying a basic cancer research laboratory



## “Consumables”

- Plastics (tubes, flasks, tips, etc): varies
  - Gloves: ~\$50 / box (pandemic!!!)
  - Pipettes: \$200 - \$300 each + annual maintenance
  - Cell growth medium (\$20 - \$200 / L)
  - Bovine serum for growth medium (\$600 - \$1500 / L)
  - Purified growth factors (\$ a lot)
  - Antibodies (\$300 - \$500 “each”)
  - Specialized experimental reagents, compounds, etc.
  - Next-generation sequencing (\$200+ / sample x dozens)
  - “Core” equipment fees: \$25 - \$200 / hr
- **Total: ~\$20k - \$30k+ per person per year**

## “Capital equipment”

- Incubator: \$6k - \$10k each
- Biosafety cabinet: \$12k - \$20k
- Centrifuges: \$5k - \$20k each

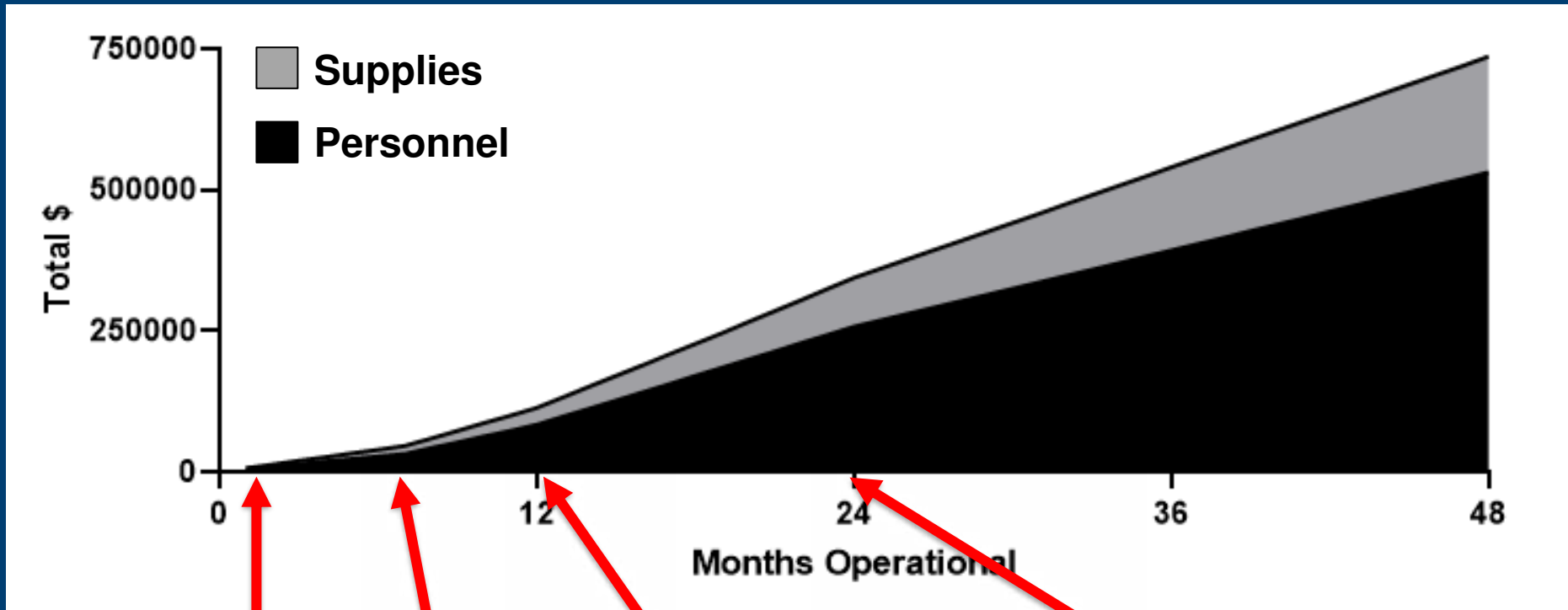
## In vivo (animal) studies

- One immunocomp. mouse = \$80 - \$120
- Housing: ~\$1.10 / day / cage
  - One tumor study: 50 mice = \$5,500
  - 10 cages x 8 weeks = \$616

## Publishing et al

- Publication fees: \$1000 - \$10000 / article
- Conferences: \$2000 - \$3000 for nat'l conf.

# Costs add up rapidly even for new small labs



\*No add'l grants

No equipment  
No animal studies  
No big 'omics  
No PI salary

Tech hired:  
\$40k/y salary,  
\$54k/y +fringe

Postdoc hired:  
\$55k/y salary,  
\$70k/y +fringe

Grad Student joins:  
\$34k/y salary,  
\$50k/y +tuition/fringe

Grad Student gets T32:  
~85% coverage

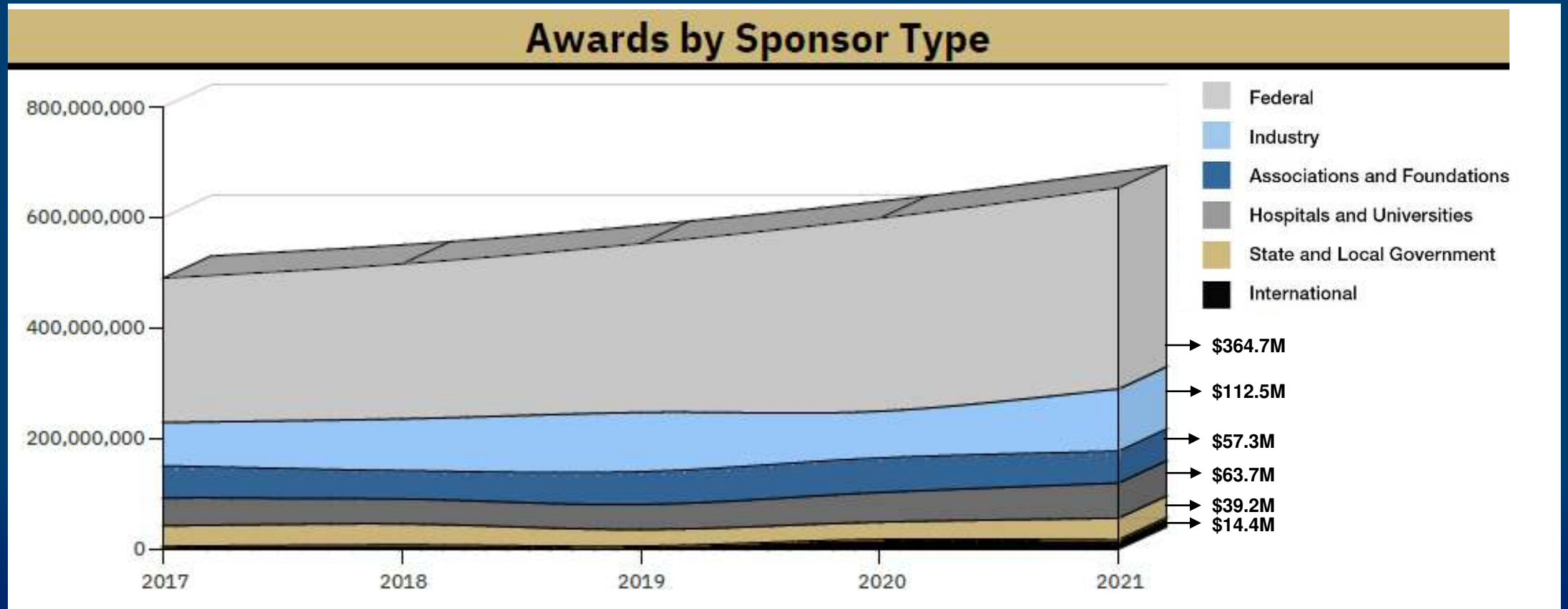
- . **What is basic laboratory research?**
- . **Who works in a basic research lab?**
- . **How do we equip and stock a lab to do basic cancer research?**
- . **Where are the different sources of research funding?**
- . **What does the grant writing process look like?**
- . **How can advocates partner with researchers?**
- . **What is the role of patient advocates in the grant review process?**

# Sources of funding for cancer research

- **New lab “start-up” funds** from institution
  - Brand new labs (median \$750k) or recruitments
- **Federal:** National Institutes of Health, Dept. of Defense
- **Foundations:** American Cancer Society, Susan G. Komen, state/regional foundations (Cancer League of CO, Dynami, LBCA)
- **Philanthropy/Endowments:** uncommon but critical; “grateful patients”, **Lobular Breast Cancer Research Fund @ CU Anschutz**
- **Industry:** clinical trials; “contract” research or deliverables focused, less common for basic research



# University of Colorado Anschutz Medical Campus



\*All grant funded research campus-wide, not limited to basic research

# Funding limitations slow research progress

National Cancer Institute “Research Project Grants”: ~\$2,600,000,000 / yr

Breast Cancer: ~\$280,000,000 / yr

ILC: ~\$1,400,000 / yr

ILC:  
10-15% of cases

~0.5% of research  
funding

<u>Grant:</u>	<u>Funding</u>	<u>Success Rate</u>
NCI R01	\$250k-400k / yr	10-11%
DoD BCRP	\$125k-350k / yr	6-7%
ACS RSG	\$165k / yr	‘queue’
Dr. Sikora (‘lifetime’ as PI)	~40 grants, ~\$15.7million	11 grants, ~\$1.8million (11.4%)

Limited funding = Years in peer review and revision = 100’s of hours writing =

Years between idea conception and research initiation



- **What is basic laboratory research?**
- **Who works in a basic research lab?**
- **How do we equip and stock a lab to do basic cancer research?**
- **Where are the different sources of research funding?**
- **What does the grant writing process look like?**
- **How can advocates partner with researchers?**
- **What is the role of patient advocates in the grant review process?**

# Grant writing and submission

- Write grant
- Literature searching
  - Constructing goals
  - Build collaborative team
    - Drafting
  - Feedback from colleagues

1 – 12+ months

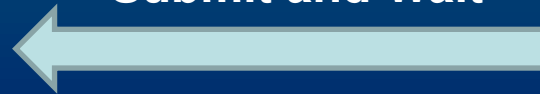
Submit and Wait



Peer Review

3 – 6 months

Submit and Wait



1 – 6 months

**Funding!**

Funded on the first try?  
4-12 months

Via resubmission cycles?  
Years

Revise & Resubmit



4 – 12+ months

Rejected

Receive reviews

- May or may not include funding decision



Await  
“programmatic”  
reviews  
0 – 3 months

Awarded



Award Negotiation

- Paperwork
- “Indirect” funding
- Regulatory approvals

- . **What is basic laboratory research?**
- . **Who works in a basic research lab?**
- . **How do we equip and stock a lab to do basic cancer research?**
- . **Where are the different sources of research funding?**
- . **What does the grant writing process look like?**
- . **How can advocates partner with researchers?**
- . **What is the role of patient advocates in the grant review process?**

## Write grant

- Literature searching
- **Constructing goals**
- Build collaborative team
  - Drafting
- Feedback from colleagues

- Does the proposed research have the potential\* to impact patient needs?
- Are the proposed goals going to address a significant clinical concern for patients?
- Are the proposed new interventions going to be tractable for patients?
- Does the proposed research equitably serve different patient populations?
- Will research outcomes be available to the patient/advocate community?
- Will research outcomes be made accessible to the patient/advocate community?



## Research Methods & Design



## Research Communication & Outreach

- Reach out to local researchers directly or via regional NCI-designated Cancer Center

<https://www.cancer.gov/research/infrastructure/cancer-centers/find>

- Reach out via LBCA



- . **What is basic laboratory research?**
- . **Who works in a basic research lab?**
- . **How do we equip and stock a lab to do basic cancer research?**
- . **Where are the different sources of research funding?**
- . **What does the grant writing process look like?**
- . **How can advocates partner with researchers?**
- . **What is the role of patient advocates in the grant review process?**



### Consumer Stories

Christina Graves:  
Narcolepsy Patient,  
Advocate, and Scientist

Lori Petitti – BCRP  
Consumer Reviewer

Nikhil Bhat – SRP Consumer  
Story

SFC Paul Bobish: A Combat  
Medic's Perspective

Melissa Nunn: Integrating as  
a Spinal Cord Injury Lived  
Experience Consultant  
within the Hiramath  
Research Team

Joan Block: Turning the  
Stigma of Hepatitis B into a  
Foundation for Hope

## Consumer Involvement



*"It is intellectually challenging and a big commitment. But that is part of what I like so much about serving as a Peer Reviewer: it's hard work but you come away from it feeling as if you have made a significant contribution; it is incredibly rewarding."*

- Linnea Duff, LCRP

The Congressionally Directed Medical Research Programs (CDMRP) welcomes patients, survivors, family members, and advocates to play a pivotal role in the future of biomedical research funding. To transform healthcare for our Service members and the American public, the CDMRP looks to those who have the most experience, who understand the effects of a disease, an injury, or a condition - the individuals (consumers) living with breast cancer, orthopaedic injury, Parkinson's disease, etc. By integrating patients, survivors, family members and/or care takers into the scientific review process, the CDMRP is able to enrich the scientific review with personal perspective, passion, and a sense of urgency that ensures the human dimension is incorporated in the research focus. Over 2,000 consumers have served as Peer and Programmatic reviewers since 1995. By partnering with consumers, the CDMRP strives to find and fund collaborative research that discovers, develops, and delivers health care solutions for Service members, Veterans, and the America public.



Thanks!



@mjsikora  
@SikoraLab



University of Colorado **Anschutz Medical Campus**